

**I CLAIM:**

1. A shoe comprising:
  - a shoe sole including at least one slot formed therein,
  - a cleat member detachably attached to said at least one slot of
  - 5 said shoe sole, for attaching to cycle pedal, and
  - a plate selectively attached to said shoe sole, and including an opening formed therein to receive said cleat member, and to allow said cleat member to extend out of said plate, and to be attached to the cycle pedal.
- 10 2. The shoe as claimed in claim 1, wherein said plate includes at least one projection extended downwardly therefrom for preventing said shoe sole from wearing while walking on pavements and floors.
- 15 3. The shoe as claimed in claim 1, wherein said shoe sole further includes at least one orifice formed therein, said plate includes at least one bulge extended therefrom and engageable into said at least one orifice of said shoe sole to anchor said plate to said shoe sole.
- 20 4. The shoe as claimed in claim 1 further comprising at least one spike securing said plate to said shoe sole.
5. The shoe as claimed in claim 1 further comprising at least one cleat element detachably attached to said shoe sole.
- 25 6. The shoe as claimed in claim 5, wherein said shoe sole includes at least one depression formed therein and defined by a peripheral fence, to partially receive said at least one cleat element, and to anchor said at least one cleat element to said shoe sole.
7. The shoe as claimed in claim 6, wherein said shoe sole

includes a bulge extended into said at least one depression thereof, and said at least one cleat element includes a cavity formed therein, to receive said bulge of said shoe sole, and to further anchor said at least one cleat element to said shoe sole.

5           8. The shoe as claimed in claim 6, wherein said shoe sole includes at least one aperture formed therein, and said at least one cleat element includes at least one peg extended therefrom, to engage into said at least one aperture of said shoe sole, and to further anchor said at least one cleat element to said shoe sole.

10           9. The shoe as claimed in claim 5, wherein said plate includes at least one extension extended therefrom, said at least one cleat element is selectively attachable to said at least one extension of said plate.

15           10. The shoe as claimed in claim 9, wherein said at least one extension of said plate includes at least one depression formed therein and defined by a peripheral fence, to partially receive said at least one cleat element, and to anchor said at least one cleat element to said shoe sole.

20           11. The shoe as claimed in claim 9, wherein said at least one extension of said plate includes a bulge extended into said at least one depression thereof, and said at least one cleat element includes a cavity formed therein, to receive said bulge of said at least one extension of said plate, and to anchor said at least one cleat element to said plate.

25           12. The shoe as claimed in claim 1, wherein said shoe sole includes an outsole, and insole, and a cushioning device disposed between said outsole and said insole of said shoe sole.

13. The shoe as claimed in claim 12, wherein said outsole of said shoe sole includes a chamber formed therein to receive said cushioning device.

14. The shoe as claimed in claim 13, wherein said insole  
5 includes an opening formed therein to engage said cushioning device into said chamber of said outsole.

15. The shoe as claimed in claim 14, wherein said insole includes a cover to enclose said opening of said insole.

16. The shoe as claimed in claim 1, wherein said shoe sole  
10 further includes at least one nut engaged therein, and at least one fastener engaged through said plate and threaded to said at least one nut.

17. The shoe as claimed in claim 1, wherein said shoe sole further includes at least one nut engaged therein, and at least one  
15 spike engaged through said plate and threaded to said at least one nut.

18. A shoe comprising:  
a shoe sole including at least one slot formed therein,  
a cleat member detachably attached to said at least one slot of  
20 said shoe sole, for attaching to cycle pedal, and  
at last one cleat element selectively attached to said shoe sole.